

Undercover Investigative Report Summary

Name of Store	Recommended Supplements	Price Per Bottle	Claims	Main Ingredients	Clinically Proven?
Nutritional Center #1	1. Total Lean Dietary Supplement 2. Total Lean Appetite Control Tablets	1. \$19.99 for 60 tablets 2. \$34.99 for 60 tablets	Total Lean is designed to help individuals who already have healthy diet and exercise habits. It enhances cellular energy utilization, stimulates metabolism and promotes increased cellular metabolic activity. According to the manufacturer, a double blind placebo controlled crossover study showed participants burned up to 60% more calories while on Total Lean compared to when they took the placebo (p<0.05).	1. Guarana Seed Extract, Black Tea Leaves Extract, Grape Skin Extract 2. Thiamin, Riboflavin, Niacin, Vitamin B6, Chromium, Yerba Mate Extract, Black Tea Extract	1. No studies have reported on the effects of Guarana alone on weight loss. However, one study published in <i>J Hum Nutr Diet</i> 2001 Jun; 14(3):243-50 demonstrated that an herbal preparation of Yerba Mate, Guarana and Damiana significantly delayed gastric emptying, reduced the time to perceived gastric fullness and induced significant weight loss over 45 days in overweight patients treated in a primary health care context. No studies have reported on the effect of Black Tea Leaves Extract and weight loss. 2. Published in both <i>Int J Obes</i> 1997; 21: 1143-1151 and <i>Nutr Rev</i> 1998; 56: 266-270, these two studies of obese individuals randomized to either diet or diet plus exercise programs failed to show greater weight or fat loss with chromium supplementation. No studies have reported on the effect of Black Tea Leaves Extract and weight loss.
Nutritional Center/ Natural Foods Store	1. L-Carnitine (Twinlab Mega L-Carnitine 500 mg) 2. CLA (Essential CLA Pure Tonalin CLA Complex)	1. \$54.95 for 90 tablets 2. \$17.99 for 90 softgels	1. Carnitine assists in the breakdown of fat in cells to produce energy. Like a traffic cop directing cars, carnitine helps shuttle fat to the furnace where it can be burned for energy in the muscle	1. L-Carnitine 2. Conjugated Linoleic Acid	1. One study published in <i>Int J Sport Nutr Exerc Metab.</i> 2000 Jun;10(2):199-207 showed that eight weeks of L-Carnitine ingestion and walking did not significantly alter the fat mass of overweight women, thereby casting doubt on the efficacy of L-Carnitine supplementation for weight loss. Two

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			<p>tissue. According to Michael Pariza at the University of Wisconsin, some clinical studies have shown statistically significant reduction in body fat as measured by BMI (Body Mass Index). Waistline measurements significantly decreased in mildly overweight subjects and increases in strength were also experienced.</p> <p>2. Conjugated Linoleic Acid (CLA) interferes with lipoprotein lipase that helps store fat in the body. CLA helps your body use its existing fat for energy while increasing lean muscle mass.</p>		<p>studies published in <i>Med Sci Sports Exerc</i> 1994; 26: 1122-1129 and <i>Am J Clin Nutr</i> 1990; 52: 889-894 showed no changes in the rate of fat oxidation following L-carnitine supplementation.</p> <p>2. According to <i>Nutrition</i> 2004 Jul-Aug; 20(7-8):678-88, CLA has been implicated in weight loss, but based on the results of human studies it must be concluded that the effects on body weight loss are far less clear than those observed in animal studies. Most studies have not found any evidence for a beneficial effect of conjugated linoleic acid related to weight loss.</p>
Gym	Apex: Lean Fat Burn 1, 2, 3	<p>1. Lean Fat Burn 1: \$25.95 for 30 tablets</p> <p>2. Lean Fat Burn 2: \$39.95 for 30 tablets</p>	1. Lipotropics have been shown to hasten the removal of fat from the liver, which is the site of the majority of fat metabolism. Thus, supporting liver function may in turn support fat metabolism.	<p>1. Lipotropics</p> <p>2. Pyruvate</p> <p>3. Caffeine</p>	1. In <i>Adv Ther</i> 1998 Sep-Oct;15(5):305-14, lipotropic nutrients combined with chromium picolinate, inulin, capsicum, and L-phenylalanine during a 4-week diet-and-exercise weight-loss program accelerated the rate of body fat loss and helped 56 individuals maintain fat-free mass (lean tissue), thereby producing favorable changes in body composition.

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		<p>3. Lean Fat Burn 3: \$27.95 for 30 tablets</p>	<p>2. Lean Fat Burn 2 supplies calorie-burning cycles to enhance fat loss during dieting. It has been shown to minimize the loss of lean tissue during fat loss. According to a trainer, Fat Burn 2 enables a person to burn an additional 500 kcal/day without extra dieting or exercise.</p> <p>3. Fat Burn 3's effective ingredient is caffeine, which will help a person workout at harder intensities and for longer amounts of time. Fat Burn 3 promotes fat metabolism by supporting brown adipose tissue and burning more calories by producing heat.</p> <p>** According to the gym, Fat Burn 1,2 and 3 are effective in aiding with fat loss according to research studies performed at the University of Phoenix Laboratories. Although</p>		<p>2. According to a peer-reviewed article in <i>J Am Pharm Assoc</i> 2004 Jan-Feb; 44 (1):59-67, pyruvate has the best supporting evidence for weight loss, but larger and better-controlled trials are needed before pharmacists should recommend it to patients seeking to lose weight.</p> <p>3. Only one study published in <i>Int J Obes</i> 1992; 16: 269-277 examined caffeine alone (200 mg daily) added to an energy-restricted diet in a placebo-controlled, double-blind trial. In that study, caffeine was no more effective than placebo in promoting weight loss.</p>
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			the literature supports the effectiveness of APEX products, these labs are notorious for supporting fraudulent nutritional supplements.		
Local Nutrition Store	1. Multi-vitamin 2. TruWell Weight Loss Gold	1. \$4.99 for 30 tablets 2. \$59.95 for 120 tablets	1. The salesperson first advised me to take a multi-vitamin. He claimed that in order for the body to perform at its best, it requires many different vitamins and minerals to nourish cells and maintain balanced body chemistry. Benefits would include increased energy levels and better concentration and focus. 2. TruWell Weight Loss Gold allows your body to use the carbohydrates it needs while the unused carbohydrates are passed through your system without being converted into fat. The Georgetown University Medical Center clinical study showed significant improvement in virtually every subject after only eight weeks on TruWell Weight Loss Gold.	1. Vitamins A, C, D3, E, K, B1, B2, B3, B5, B6, B12, Folic Acid, Magnesium, Zinc, Copper, Selenium, Chromium 2. Hydroxycitric Acid (HCA), Chromium (as polynicotinate), Gynema Sylvestre Extract	2. Six peer-reviewed studies have examined hydroxycitric acid and weight loss in humans. Of these, five reported some positive results but all had experimental inadequacies (<i>JAMA</i> 1998; 280: 1596-1600). A recent randomized controlled study published found no differences in weight loss between a group of obese individuals given 1500 mg of hydroxycitric acid daily and another group given placebo over a 12-week period. (<i>JAMA</i> 1998; 280: 1596-1600).s

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